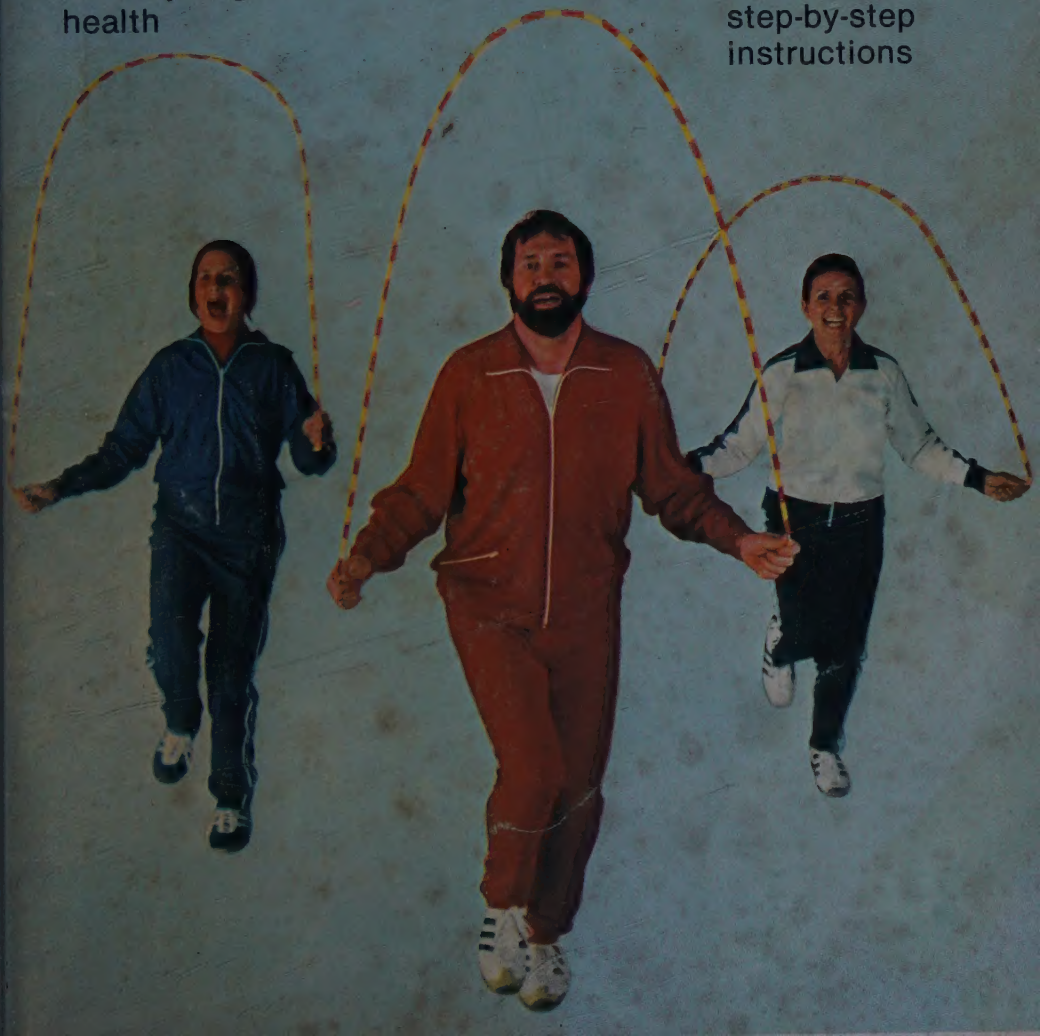
THE BOBBY HINDS BOOK AND

lifeline™ jump rope

An exciting and fun way to good health

Just follow these illustrated step-by-step instructions



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THE Lifeline™ ROPE

The Proven Exciting New and Fun Way to Good Health

By
Bobby Hinds

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Dedicated to Marshall Simonsen my dear friend who was not only my coach, but my father in the real sense of the word, whose kindness and understanding towards me I shall never forget.

FOREWORD

A Few Words About Bobby Hinds and the Lifeline Jump Rope
(Just So We All Understand What's Going On Here)

By Fred Milverstedt

Who is Bobby Hinds and why have you just bought his jump rope?

Good questions, worthy of reasonable answers. Let me put it this way:

Bobby Hinds is a guy who is interested in showing you a proven means to better health and physical fitness. He is also interested in making a decent living. The jump rope is his way.

And that, dear reader, is a story in itself.

It begins where he was born—Kenosha, Wisconsin—a hardnosed little city of docks and factories on the western shore of Lake Michigan. It begins on the wrong side of the tracks, in the house where he spent his early childhood.

His mother was an invalid, his father hit the bottle hard. Money was always short, hardly enough for food and booze, often not enough for both. The clothes he wore were rags. He gained little attention and less supervision. He grew up on the streets, he grew up wild and tough. He was a Dead-End Kid, heading down a blind alley.

By the age of nine, he was already serving time in a reform school, the accomplice to an armed robbery attempt. Along with two other kids and a stolen gun, he tried to knock off a filling station. For the next four years, he was shuttled between foster homes and institutions. Nobody wanted him and nobody took the time to give him a chance.

He was 13 years old before he got his first break. It came to him in the person of a man named Marshall Simonsen, a Kenosha boxing coach and physical educator who took him aside and started him out on the right track. Over the next five years, Simonsen became his guardian and adviser, the father he had never known.

It was in reform school that Hinds had learned the rudiments of boxing. His knowledge was very basic, little more than crude street fighting honed on a desperate survival instinct, but under Simonsen's patient tutelage and motivation, he quickly developed into a pupil of promise. He trained hard and diligently—running, skipping rope, shadow boxing, sparring and working the bags—and in a short time, his determination was rewarded. Taking part in Golden Gloves competition, he was four-time state champion.

He was finding a way out of the alley.

Under Simonsen's guidance, Hinds concentrated on school as well as his lessons in the ring. His grades were passing, his attitude was improving, and as he grew in size and confidence, he managed to find time to play some football too. He played it well enough that upon graduation from high school, he was offered an athletic scholarship from the University of Wisconsin. Together with his friend and teammate, Alan "The Horse" Ameche, who later won the Heisman Trophy and went on to star professionally with the Baltimore Colts, Hinds moved to Madison and entered college.

His football career ended prematurely, shelved by an injury, but at Wisconsin there was another sport in which he could excel, the sport to which he owed his rise. In the 1950s, collegiate boxing was still in its popular prime, and nowhere in the country was there a school with a reputation of excellence that matched Wisconsin's. Hinds went back to the gloves.

Training under coaches like Johnny Walsh and Vern Woodward, the class of their field, Hinds continued to impress. Boxing as a heavyweight, he was an instrumental cog in three Wisconsin national championships. He was undefeated in dual meet competition, a two-time NCAA runnerup, and the overall winner in 31 of 33 collegiate fights.

He graduated from college with a degree in art education and spent the next few years teaching high school with a little coaching on the side. Married in college, he found himself strapped for time and money as far as additional boxing went, but he did win eight professional fights without a loss. Appearing in a bout on the same card with Sugar Ray Robinson and Gene Fullmer, meeting in Chicago for the middleweight championship, Hinds engaged Gene White, a ranked heavyweight contender, and scored a third-round technical knockout. In the process, however, he broke his hand severely and his fighting days were limited.

It was then that he left teaching and turned to business. There was a growing family to support and the salary he was making proved inadequate. He entered the insurance game, and with his customary drive and dedication, soon achieved success. In his first year as a salesman, he wrote over $1 million worth of policies.

But if there was money in the bank and bread on the table because of his new career, there were also some drawbacks to contend with. For the first time in years, caught up in the pace and pressures of business, he allowed his physical condition to deteriorate. He ceased his daily workouts. Eating well and often, partying in-between, his weight ballooned from a trim 175 to a bulbous 233. He smoked to excess and his blood pressure soared. He was well on the way to a sedentary decay and feeling awful.

A chance encounter with Woodward, his former coach, set him straight again. Woodward took one look at his ex-heavyweight's bulging belly and told him he looked like a whale. Embarrassed, Hinds got back to exercising.

Initially, most of his workouts were limited to running and jogging, shades of the daily road work which once was his routine. Running, like cycling, swimming, skipping rope, or any other sustained rhythmic exercise is generally considered by physical fitness experts to be the supreme conditioner. By increasing the heart beat to a level well above its normal rate, then sustaining it for an extended period of time without interruption or pause, an exerciser can lower his blood pressure and at the same time, increase his cardiovascular capacity dramatically. In the process, the muscles become better developed, particularly the legs, and excess fat is burned away.

In time, Hinds began to look and feel like the athlete he once had been. He was satisfied that running was the answer to his physical problems. True, it was sometimes punishing, often boring, and seldom without interference from man and nature—choking exhaust fumes from passing cars, dogs snapping at his heels, and sleet stinging him in the face—but for the effect it had on his condition, he was glad to pay the price.

Then came the skiing accident—a broken leg, slow to heal, and when he finally got the cast off, the pain from running. The leg remained weak and tender, unresponsive to the demands he placed on it. Continued running became impossible. It was then that he turned to the jump rope.

In his younger days, the years when he was a fighter, training for agility, timing, coordination and endurance, the rope had been an invaluable aid. Like running, or jogging, exercising with the rope was a productive means toward increasing the wind, strengthening the heart, and building up the legs. In addition, it firmed up the muscles in the chest, arms, and shoulders. These things he remembered.

The experiment worked well. He borrowed a rope from Woodward, and in short order, he was soon on his way to regaining the health and form he had lost. The extra pounds disappeared, his breathing evened out, and his endurance increased. He began to feel firm and trim and his legs grew stronger. The bad leg, in particular, responded to the therapy and lost its atrophied state. By skipping rope on just one leg, the injured one, Hinds found that the rope technique could be utilized to concentrate on an individual part of the body without sacrificing positive effect on any of the others.

As soon as the leg was strong enough, Hinds returned to running as part of his daily workout, but each time he left the house, he brought his rope along. Skipping down the street, shuffling his feet in a jogging step, twirling the rope around him, he varied his routine and dis-

covered a new way to relieve the boredom of the jaunt. The rope became an integral part of his exercise.

Intrigued by the initial results, he began to research the potential. He scoured the shelves of libraries, spoke with athletes who had used a rope in training, consulted with physical fitness experts, and sent away for additional information gathered by others. Before long, he had assembled a portfolio of remarkable facts.

He began with a review of jogging, a book by William Bowerman and W.E. Harris that concluded such exercise was productive to an increased level of physical fitness.

Fine. That came as no surprise, not after years of experiencing the results for himself.

But the next bit of information Hinds gleaned was something he had never really considered. According to a researcher named T.K. Cureton, based on tests conducted in Urbana, Ill., and published in 1965, the best method of improving cardiovascular efficiency was through endurance programs such as jogging, swimming, and cycling.

Yes, that made sense, but what about other forms of exercise as well? What about some of the more popular participant sports as played daily by men and women all across the country?

The others, according to Cureton's findings, were much less productive. Golf, handball, volleyball, and other sports of an erratic, stop-start nature were relatively ineffective. Weightlifting and isometrics were determined to be of even less value. Such previously ballyhooed exercise methods as the Canadian JBX Program were found to be much less effective than originally claimed.

But where did the rope fit in?

Well, at Peabody College, in tests administered to physical education students in the winter of 1964, it was concluded by Leon Garret, Mohammed Sabie, and Roy Pangle that skipping rope, together with running in place, bench stepping, and volleyball play, showed in each student tested a significant gain in cardiovascular fitness.

Not bad, but not all that conclusive. Hinds studied on. More and more, he encountered further leading evidence that the value of a jump rope was more than meets the eye.

Joseph Cascino, working on his master's thesis at Temple University in 1964, set up a program specifically designed to measure the effects of progressive rope skipping on the cardiovascular fitness of adult men. His findings: obvious improvement.

D. Marritt Jones, Chadwick Squires, and Kaare Rodahl, studying the effect of rope skipping on physical work capacity at Lankenau Hospi-

tal in Philadelphia, chose seven sedentary women, aged 19–42, and put them through a daily five-minute program over a four-week period, the exercise provided at their place of work. Results: lower pulse rate, increase in oxygen intake, and a 25 per cent improvement in physical work capacity.

Skipping rope, the researchers said, was a simple but gainful approach to improving physical work capacity among large percentages of the U.S. population who do not have access to more extensive physical conditioning facilities.

And that, when you consider that most of us never get any nearer to a gym or athletic field than a seat in the bleachers, is a significant fact.

But the cruncher, the item that convinced Hinds that he was on to the greatest exercising device of the decade, was a piece of research published in 1968 by The Research Quarterly, a journal of the American Association for Health, Physical Education and Recreation. It was referred to him by Dr. Allan Ryan, a team physician at the University of Wisconsin.

It was a comparative study of rope skipping and jogging, one against the other, to determine the effects of each on cardiovascular fitness.

The research was the work of John A. Baker, on leave from Murray State University to work on his degree as an Education Specialist at Arizona State. It included 92 male students, divided into two groups, with one skipping rope 10 minutes a day for six weeks, and the other jogging 30 minutes daily for the same length of time. At the conclusion of the six-week session, they were administered the Harvard Step Test to measure their cardiovascular gain.

Each group showed the same level of improvement.

Baker's conclusions: "(1) a daily 10-minute program of rope skipping will significantly improve cardiovascular efficiency; (2) a daily 30-minute program of jogging will significantly improve cardiovascular efficiency; and **(3) a 10-minute daily program of rope skipping is as efficient as a 30-minute daily program of jogging for improving cardiovascular efficiency."**

In presenting these findings, Baker recommended that skipping rope, being less time-consuming than jogging, was a valuable asset to any physical education program concerned with endurance-type activities. He also saw the exercise as attractive to adults who wanted to improve their endurance but were unable to jog because of time or space limitations

Now there, thought Hinds, was something that more people should know about. And he set about to tell them.

But first, he had to have the perfect rope.

Now you can take a piece of rope, any piece of rope—a length of clothes-line, if you will—and you will find that it will shred and tangle. You will see it go limp, you will find that it is worthless in the wind.

Or you can take a cord of leather, the type of "rope" most boxers use, and you will find that it costs you $15. You will also find that it has ball-bearings in the handles, and when the ball-bearings go bad, you can spend $15 more to replace it.

Or, you can do something better, which set Hinds' mind to thinking. How would he put together the perfect rope?

Nylon, so it wouldn't break—indestructable.

Coated in light plastic links—weighted and perfectly balanced.

Fitted plastic handles—easy and endless action with no ball-bearings.

Inexpensive—so everyone can have a turn.

The Lifeline Jump Rope.

So he put a few together and he started carrying them around wherever he went, passing them out, giving away free samples and gifts, looking for response and feedback. He found it everywhere he turned.

The country was in bad shape, yes, people were eating and drinking too much, sitting around on their behinds, breathing bad air, generally letting themselves go to hell, but here and there, he saw signs that there were some who were interested in finding viable means to better health and conditioning. They liked his product.

An ex-Olympic boxing coach, still nimble in his 60s, told him it was the best rope he'd ever seen. So did a former middle-weight boxing champion, dancing in the rain outside the O'Hare Inn; the same from a Big Ten football coach.

A rabbi in Milwaukee, a jumper for 17 years, who had just set a world's jump rope record for consecutive revolutions, took a few turns with the Lifeline and flatly stated, "It's the best work rope I ever used."

A millionaire in Texas took three for his kids. A movie star liked it and so did an international tennis champion.

A politician in Wisconsin hung one on his office wall, and whenever there was a break in his business, he took it down and skipped around his desk.

A 60-year-old grandmother from a Wisconsin farming town jumped everyday and said it cured her back problems. She proved it by beating the politician in a contest.

That was enough for Hinds. He quit the insurance business and started making ropes. He flew all over the country, a man with a mission, spreading the word. He showed up everywhere, from the stage on the Johnny Carson Show to the bar at Frank Genna's Cocktail Lounge. He told anyone who would listen that for five bucks and 10 minutes a day with his rope, they could improve their health and start feeling good again, looking good, maybe for the first time in their lives.

A lot of them listened, and a lot of them found out he was right. They followed his instructions and they started getting results.

With any kind of luck, so will you.

Best of health.

P.S. An added word about the effort involved in attaining good health and physical fitness:

There is an old saying, a Biblical quotation, which goes, "As ye sow, so shall ye reap." Modernized and popularized, that means, "You gets what you gives." Or, quite simply, if I may draw upon one more time-worn adage to illustrate my point, "There is no free lunch."

At risk of sounding redundant, each of these statements is true. They are true of life in general; they are true of life in specific. Nothing comes easy. Whatever gains we make are in direct proportion to the amount of time and effort we put into a given task. It all depends on sound intent and dynamic initiative.

In gaining good health, we must first achieve a discipline. We must know in our minds that we want to improve our condition, and realizing this, we must conscientiously take the steps to achieve our goal.

Exercise—physical conditioning—can be either fun or tedium. It can be a positive, joyful experience, with obvious and fruitful rewards, or it can be painful and unpleasant. The difference is in our own attitude. We each have the power and ability to make it what we want.

In skipping rope, begin with the idea of a positive goal in mind: your own good health and improved physical well-being. Don't forget it. Don't give up. Don't give in to the temptation of letting your good intention slide.

Keep at it, everyday, a little at a time. Make it a part of your daily routine, time well-spent, and in short order, you will see and feel the results of your improvement. In due time, encouraged by these obvious gains, you will discover that you sincerely enjoy your exercise. In due time (not as long as you might think) the effects of your discipline will become a reality.

Your Lifeline is in your hands.

FOR MEN ONLY

by Bobby Hinds

We are a nation of fat men. The majority of businessmen, technicians, blue-collar workers, and other professionals are overweight, which is 10% over the recommended weight. Obesity is measured by being 20 per cent over the normal weight for age, size, and frame. So men are either overweight or really fat!

There are all kinds of reasons why the American male has suddenly found himself in this battle of the bulges, bellies, and butts. They eat the wrong things at the wrong times, and too much of it. They sit down for the most part of the day and evening. They do not exercise their bodies and burn off excess calories. They are lazy.

Diets are a multi-million dollar a year business. Millions of Americans everywhere are paying hard-earned dollars to try to lose those ugly, unwanted pounds. Unfortunately, most of their money is being wasted, and their waists go back to where they were before, or worse. For every 100 people who diet, only 12 lose weight, and of that dozen only two keep the weight off after a year.

Why? Because, those two probably are on some kind of exercise program. Diets are great to help take off fat, but by themselves they can be exercises in futility. You need physical exercise to burn off fatty tissue. You need physical exercise to tone up the muscles that have been buried under blubber for years. You need physical exercise to let you live a normal eating and drinking and loving life.

I developed the Lifeline Program and Method because I too faced the same problems of time, obesity, and physical laziness most people face in the mirror everyday. I have also tried methods of dieting and exercising. It has been my jump rope that has made all the difference. As a practical and busy businessman, I found the 10 minutes a day I could spend and spare for keeping in shape. I could take an easy 10 minutes off before shaving in the morning, or 10 minutes at lunch, or 10 minutes just before bed. Whenever I chose to jump rope, I knew it would be enough to get in shape and stay there.

Traveling men can't take along complicated exercise devices or spend a half-hour running around the motel parking lot. It's no trouble at all to slip the Lifeline Rope into the suitcase, and motel rooms have ceilings high enough for jumping. Many hotels have swimming pools and saunas, so there would be a work-out room there, too, plus the chance to take a refreshing swim after 10 minutes with the Lifeline Rope.

Men of all ages can use the Lifeline Rope. Young or old men can easily pick up the Lifeline Program and keep it going for many, many years.

SUGGESTED PROGRAMS FOR MEN

Week	Jumps per Minute	Times per Day	Days per Week	AGE			
				Under 35	35-40	41-49	50-60
1	70— 80	3—4	5	2 min.	2 min.	1 min.	1 min.
2	70— 80	2—3	5	3 min.	3 min.	2 min.	2 min.
3	80—100	2	5	5 min.	4 min.	4 min.	3 min.
4	80—100	2	5	7 min.	5 min.	5 min.	4 min.
5	80—100	1	5	9 min.	6 min.	6 min.	5 min.
6	80—100	1	5	12 min.	8 min.	7 min.	6 min.
7	80—100	1	5	14 min.	10 min.	8 min.	7 min.
8	100—120	1	5	13 min.	10 min.	8 min.	7 min.
9	100—120	1	5	14 min.	12 min.	10 min.	8 min.
10	100—120	1	5	15 min.	13 min.	12 min.	10 min.
11	100—120	1	5	16 min.	14 min.	13 min.	12 min.
12	120—140	1	3—5	16 min.	14 min.	13 min.	12 min.
13	120—140					13 min.	12 min.
14	120—140					14 min.	12 min.

*Before you embark on any program of physical exercise, you should consult with your personal physician—but in all cases, start slowly. Speed and efficiency will develop with practice.

If you play golf, or bowl, jumping rope is great for the shoulders and wrists. If you swim, jumping rope is great for arms and legs. If you ski, jumping rope is great for arms, legs, and rhythm.

The Lifeline Program & Method are just what you need to get back into shape and stay there!

FOR WOMEN ONLY

There are as many overweight women as there are overweight men, and for many of the same reasons. They eat the wrong things at the wrong times, and too much of it. They spend too much time sitting, day and night. They do not exercise regularly and, therefore, do not burn off excess calories or keep muscles in tone.

More women diet than men, and, logically and proportionally, more fail. For every 100 people who diet, only 12 lose weight, and of that dozen, only two keep it off them after a year. People, usually men, say that women are only diet conscious because of vanity. Vanity is certainly not the sole property of women. Men and women care about how they look, about how others feel they look. Laziness and lack of will power are "good" reasons for weight gains.

Housewives and mothers may think that they are getting all kinds of exercise around the house with the children, but it is not a programmatic use of the body. It should also be pointed out that there is a great deal of time released from traditional tasks with the advent of everything from vacuum cleaners, to automatic dishwashers and electric can openers. Not only do these "conveniences" give women more time for coffee klatches and bridge parties and other sedentary activities, but they take away some of the calorie consuming work that was once there.

Women who work are also faced with the problems of sitting all day long, eating quickly and improperly. Secretaries and managers or executives are faced with the same problems.

The Lifeline Program is probably the easiest form of exercise around for women. Why? Because, unlike the vast majority of men, as children they learned to skip rope. Remember all the rhymes and songs that went along with skipping in pairs or singly or with "threesies?" That gives a decided advantages to the beginners, but *remember*, the Lifeline program is an exercise program. And adult jump roping is different from child's play.

You can use the Lifeline Rope at any time during the day or night. You can be any age and height. All you have to do is to want to get into shape and stay there.

SUGGESTED PROGRAMS FOR WOMEN

Week	Jumps per Minute	Times per Day	Days per Week	AGE			
				Under 35	35-40	41-49	50-60
1	70— 80	3—4	5	2 min.	1 min.	1 min.	1 min.
2	70— 80	2—3	5	3 min.	3 min.	2 min.	2 min.
3	70— 80	2	5	5 min.	4 min.	3 min.	3 min.
4	70— 80	2	5	6 min.	5 min.	5 min.	4 min.
5	80—100	2	5	7 min.	6 min.	5 min.	5 min.
6	80—100	2	5	9 min.	8 min.	6 min.	6 min.
7	80—100	1	5	11 min.	9 min.	7 min.	7 min.
8	80—100	1	5	12 min.	10 min.	8 min.	8 min.
9	80—100	1	5	13 min.	11 min.	10 min.	9 min.
10	80—100	1	5	14 min.	12 min.	11 min.	10 min.
11	100—120	1	5	14 min.	12 min.	11 min.	10 min.
12	100—120	1	5	15 min.	13 min.	12 min.	11 min.
13	100—120	1	5			12 min.	11 min.
14	100—120	1	5			13 min.	11 min.

*Before you embark on any program of physical exercise, you should consult with your personal physician—but in all cases, start slowly. Speed and efficiency will develop with practice.

FOR TEENAGERS ONLY

They say that the toughest part of human development falls between 13 and 18 years-old, between childhood and adulthood. It is such a tough time that nobody is really sure what to call it or the people going through the period of development. Adolescents and adolescence. Teenagers. Young adults. Kids. Teens. Whatever, part of the reason it is a hard time to live through is because of the physical and psychological changes that take place in everyone during those ages.

Coordination and agility are difficult when a young person is growing two, three, or four inches in a year. If adults have forgotten what it felt like suddenly to discover the pants are a couple of inches above the shoetops, they can get a pair of Japanese sandals and try to walk around the room.

Adolescence is also the time when the body is developing in terms of weight. It is a time when fatty tissue could be converted into muscle. In fact, it is a time that could be a turning point, a time when the person can choose either to be fat forever or to be in shape. All the pizza and hamburgers and french fries and thick shakes don't help either.

The Lifeline Program & Method is something that you can do to help develop agility and coordination, to build muscles instead of stacking up fat, and to do something well, jumping rope.

THE LIFELINE FAMILY

It could be said that the family that jumps together stays in shape together and is a lot better off for it. There really are few activities that an entire family can become involved in inexpensively. Swimming is, perhaps, the only sport which everyone can do, provided you live near a pool or a lake or the ocean. Skiing can be a family activity, but it can also be very expensive. Cross-country skiing is a great sport for the family, but you've got to have snow and a place to go. Sailing is wonderful, but how many people can afford a sailboat? Bicycling is also fine for the whole family, but it, too, can run into expensive initial investment.

The Lifeline Family, however, can find satisfaction in knowing that it has an exercise that everybody can do, at every age and with every generation. So, the Lifeline Family that jumps together has a great deal of fun and stays in shape, together.

Dieting is a very personal decision, one which should be made with the help of a health care professional. The important thing is to not let the diet go to waste once it is started, or it will go back to the waist, and other places.

Use your Lifeline Rope to make that diet work, and keep jumping after you've lost the weight you wanted to shed.

Keep jumping and those pounds will stay off. The best thing about the Lifeline Rope is the fact that it can *work for you*.

THE LIFELINE PROGRAM

1. Step One begins WITHOUT the use of the rope, feet together, weight centered on the balls of your feet, legs relaxed but firm, arms relaxed at your side. Now begin jumping up and down pushing off your toes, making sure that your feet rise no more than ¾ to 1" off the ground. This first step should be practiced until you feel that you are relaxed and the movement is easy.

   The reason for not using the arms or rope at this point, is to better enable you to concentrate on what is the most basic and important movement in learning to jump rope.

2. Step 2 should begin just exactly as Step 1, but after two or three jumps on both feet, begin to raise one foot slightly, making sure the raised foot is in front, not behind. Step 2 should begin just as in Step 1 and be practiced until you feel comfortable and competent doing it.

3. Step 3 should begin by going through Step 1 and 2. Step 3 is simply the running or jogging step, where the feet are alternated each time in a normal running step. Always be sure that the foot and leg are in front of the body, not behind.

4. Step 4 is really an exercise in developing the correct method of swirling the rope in the process of jumping. But in addition, this exercise will help to eliminate some of the faults that many jumpers have, such as: jumping too high, double jumping (that is, where a person's feet touch the ground twice while the rope revolves once, and bringing the feet up and behind.) The arms and wrists should be tucked in fairly close to the body at approximately a 45-degree angle.

   Begin the exercise by standing stationary with the rope handles grasped in one hand, then rotate the rope forward as shown in Step 4. When the rope is swirling at about 120 revolutions a minute (two a second) begin as in Step 1 to push off the toes. As you push off the toes with the rope swirling, you should begin to feel that the up and down body motion is actually activating the swirling of the rope. Ideally, the body motions as described above should be doing 90 per cent of the rope rotation for you. Too many jumpers make big swirling motions with their arms and wrists in the process of jumping. This fouls up their coordination and makes jumping rope more difficult.

   I recommend that you practice Steps 1 through 4 repeatedly until you become proficient before going on to Step 5.

5. Step 5 (not shown) begins exactly like Step 1, but *WITH* the rope. Taking the rope handles in both hands, begin swirling the rope while at the same time pushing off your toes (Steps 1 and 2), one

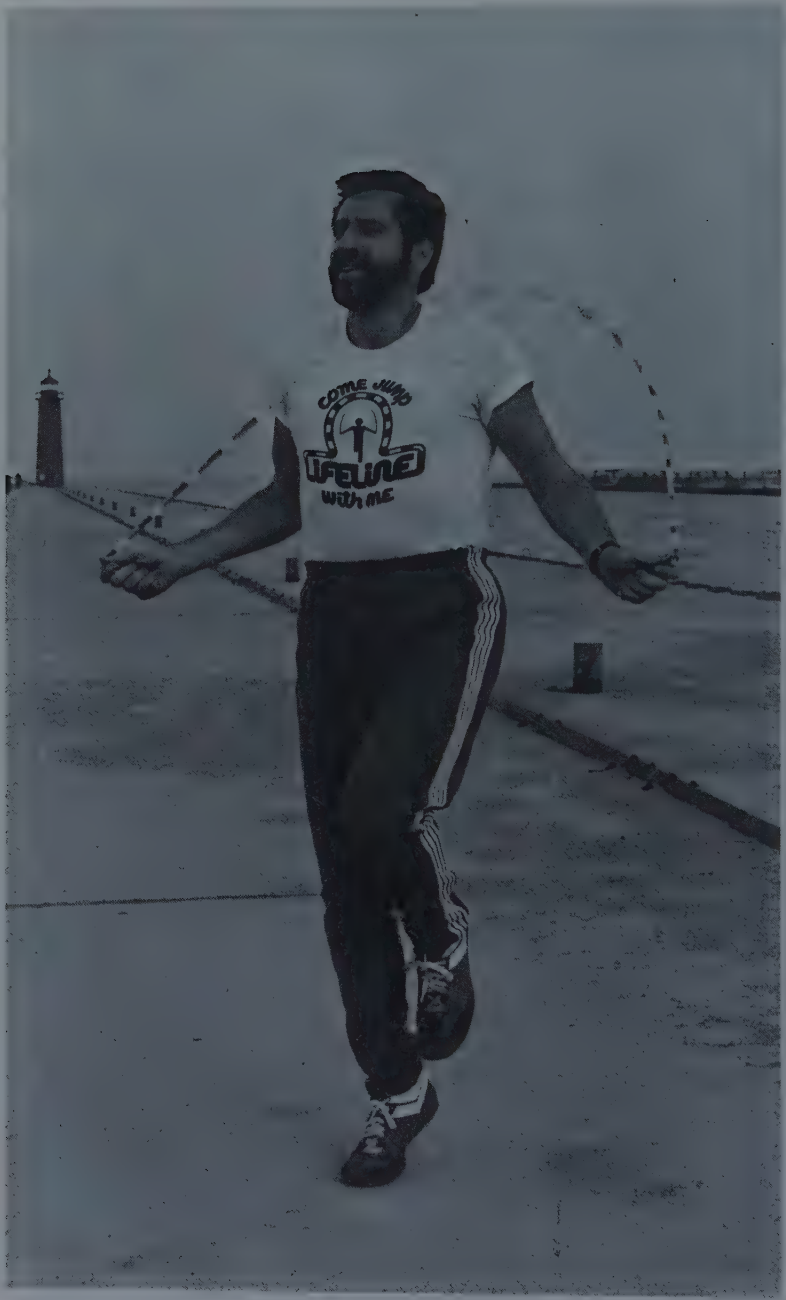
foot and then the other (Step 3, the jogging step).

Once the first three steps are achieved, the crossover, the boxers' shuffle, side swirl, etc., will come naturally. Inventing your own steps is fun too, and surprisingly easy after the first three steps have been mastered.

6. Step 6 consists of variation steps (as shown on the following pages).

Step I. Pushing off the toes—feet should be not more than ¾" to 1" off floor—note the knees are very slightly bent. I suggest that this exercise should be practiced initially without the rope.

Step II. Jumping one foot per revolution leg out in front of body—not behind the body. This should also be a practice step, as in Step I, without a rope until you have developed a degree of competence.



Step III. The running or jogging step (the alternating of foot movement in a natural running gait).

Step IV. Swirling of the rope in stationary position and then pushing off the toes after the rope has picked up momentum is an excellent exercise to help develop the coordination of arms and body—it also helps get you out of double-jumping and jumping too high.

The Matador Jump

This begins with the normal running or jogging step and develops when we pass the rope outside of the body, crossing the right hand over the left so that you end up with a crossover.

The Double Twirl Jump necessitates a little higher jump than normal, allowing the rope to pass around the body twice. This exercise is extremely stressful and should not be attempted until the jumper is properly warmed up and in good physical condition.

Crossing of the feet is an excellent exercise in developing agility and coordination while getting into physical shape.

High stepping is good for the abdominal muscles. In high stepping, jump twice on one foot and then the other, giving you the opportunity to lift the alternate as high as shown.

Front Crossover is by crossing the arms immediately after the rope bisects the head and pulling back in the normal position, continuing at a running gait.

7. Isometric Exercises.

The Lifeline Rope can be utilized in a series of isometric exercises. Isometrics are exceptionally efficient ways of adding muscle tone and working on specific parts of the body and body coordination. Each movement should take only ten seconds.

Figure 1—Begin in the position photographed and slowly pull the foot downwards at the same time using the arms in a counter movement. Great for shoulders, thighs, and balance. Use same exercise with each leg. Divide the rope into quarter-lengths.

Figure 2—Similar to #1, except you are on your back and the rope is doubled. This time the arms are the dominant force with the leg providing the isometric opposition. Develops shoulder, biceps, wrists, and stomach muscles.

Figure 3—Double the rope and stand within the loop. Move in an arc while pulling against the pressure of the leg.

Figure 4—Quarter-fold the rope, lie on back and do series of sit-ups while allowing each arm to pull against the other. A variation is also sitting and touching the toes while arms work against each other's tension.

Figure 5—Quarter-fold the rope and do a series of circular bends at the waist, keeping the rope taut between the two arms. Great for keeping the "spare tire" deflated.

Figure 6—Again, quarter-fold the rope, and keep it tense behind the back of the head. Sit and raise one knee to touch the opposite elbow.

Figure 7—Double-fold the rope. Keep tension between the two arms and do series of bends forwards.

Figure 8—Quarter-fold the rope and pull against the forward hand in the same way you would pull back a bow string. Repeat with other side of body.

These are only a few of the exercises I have developed over the years. Each individual can invent his or her own isometric exercises to fit individual needs. All it takes is a little imagination and a desire to use all of one's muscles.

Figure 1.

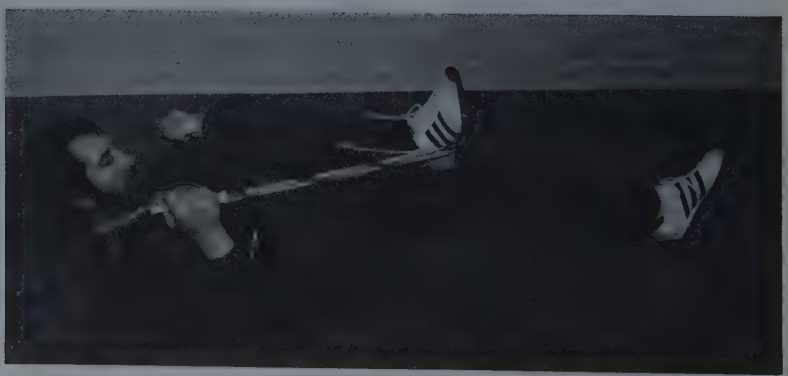


Figure 2.

Figure 3.

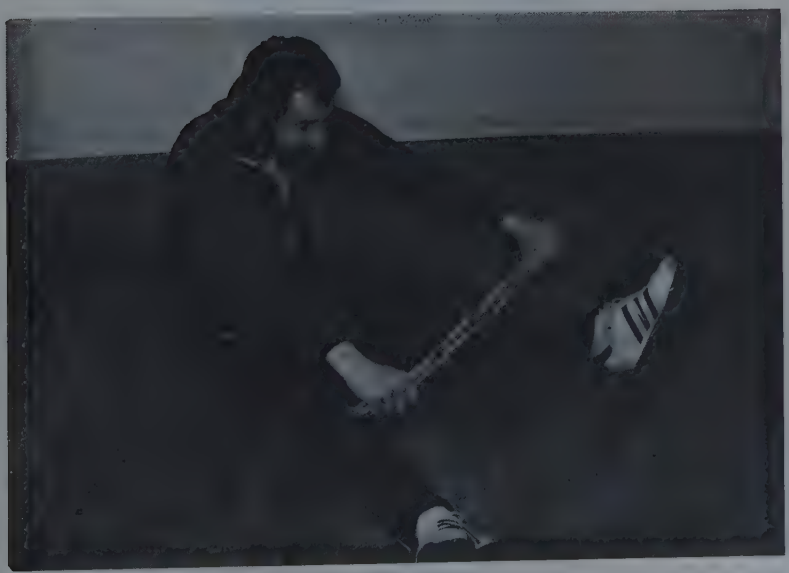


Figure 4.

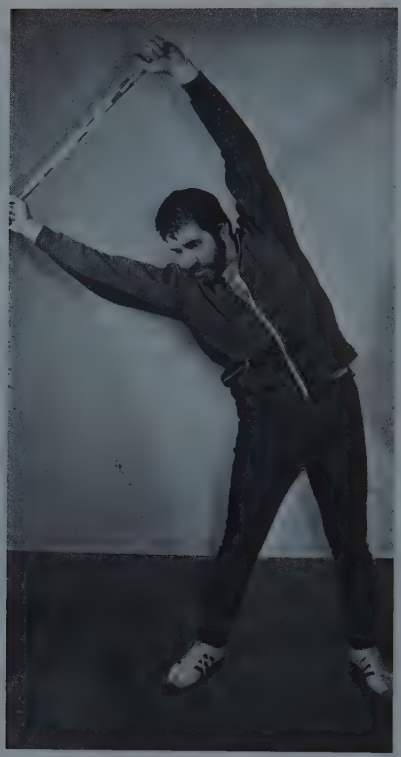


Figure 5.

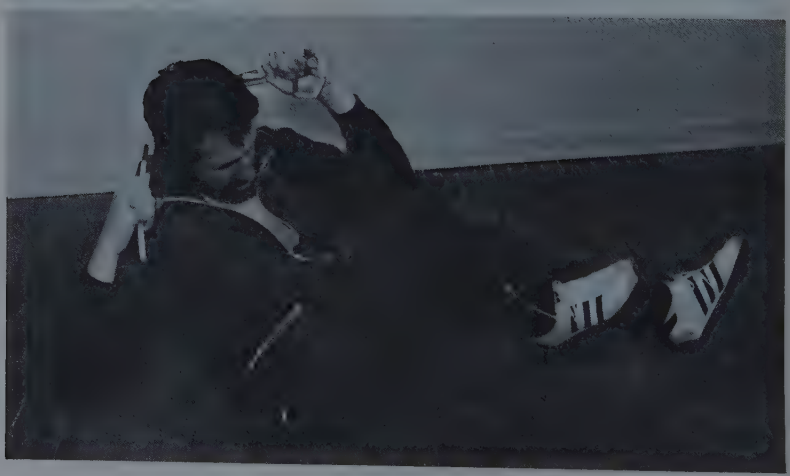


Figure 6.

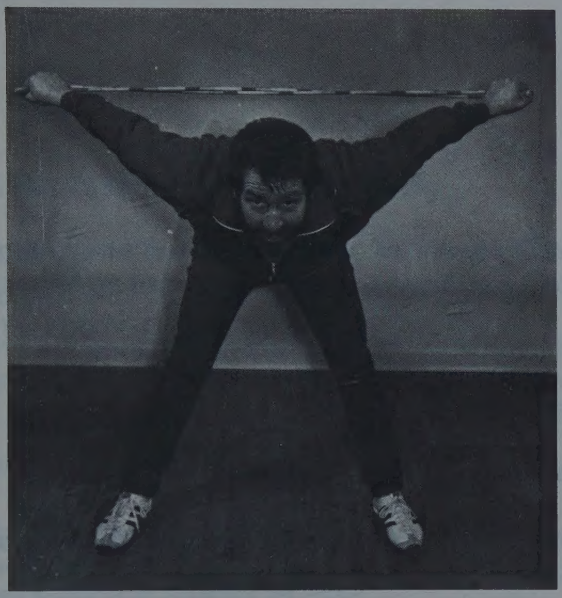


Figure 7.

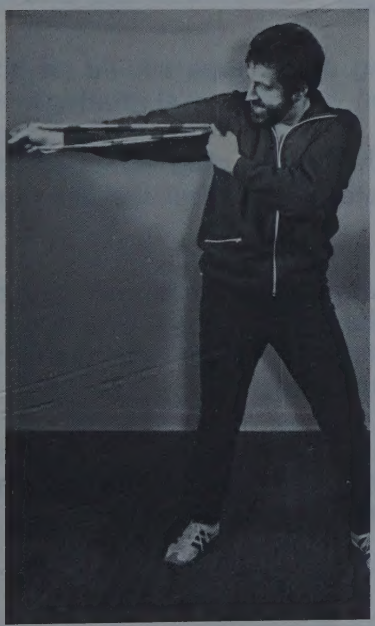


Figure 8.

Things to Remember

1. It is important to warm up and do stretching exercises before beginning any exercise including jumping rope.

2. Jump initially without a rope, simulating the wrist and arm movement—keeping feet together while pushing off the balls of your feet.

3. Jump only high enough to clear the rope.

4. Don't double jump (jump twice while the rope rotates once).

5. Vary your jumping routine and try new steps.

6. Keep relaxed.

7. The turning of the rope should be done essentially by wrist action; arms and wrist rotating in a 6" to 8" circle.

8. Begin each jump starting with step one, then step two, and then step three. After that the jump variety is up to you.

9. The best way to find the correct length of the rope is to stand on the rope holding the handles, making a V-shape and adjusting the length until the handles come to the middle of the chest.

10. The rope is adjustable and can be shortened by untying one end and removing a sufficient number of links so that the rope meets the correct length.

TO DETERMINE THE CORRECT LENGTH:

Hold the handles and stand with one foot on middle of rope.

Pull handles up toward chin. They should come to middle of chest. If they come higher, SHORTEN THE ROPE.

TO SHORTEN THE LIFELINE ROPE:

- Untie knot at one end.
- Remove handle.
- Remove sufficient number of links.
- Replace handle.
- Re-tie knot.
- Cut off excess cord and hold match to cut end to prevent unraveling.

"Jumping with the LIFELINE jump rope is one of the simplest and most effective exercises in developing and maintaining a high degree of physical fitness. Besides:

1. YOU CAN DO IT ALONE (you don't need a partner or opponent);
2. YOU CAN DO IT IN A SMALL AMOUNT OF SPACE (just enough room to spin the rope—any office or hallway will do);
3. YOU CAN DO IT IN A SMALL AMOUNT OF TIME (research shows that 10 minutes of rope jumping equals 30 minutes of jogging in the area of cardiovascular efficiency—YES, TEN MINUTES JUMPING ROPE EQUALS 30 MINUTES JOG—GING!!;
4. YOU CAN DO IT IN ANY KIND OF WEATHER (being able to do this indoors prevents having to switch to another program during inclement weather, thus allowing a more consistent fitness program);
5. YOU CAN EXERCISE THE CALVES, THIGHS, ABDOMEN, ARMS, CHEST, SHOULDERS, BACK, HEART, AND LUNGS, ALL AT THE SAME TIME!!

"In addition, following the program in this book helps:

1. develop coordination;
2. develop stamina;
3. develop muscle strength and tone;
4. develop quickness and agility;
5. trim excess weight

BESIDES, IT'S FUN AND EASY."

Vern Woodward
Former Director-Weight Training
University of Wisconsin Athletic
Department; Former Boxing Coach
and Member of National AAU and
U.S. Olympic Boxing Committee;
Coordinator of Athletic facilities,
University of Wisconsin.

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